

AT THE CAMERON

INCLEMENT WEATHER POLICY

The Cameron follows the same inclement weather procedures as Town Hall. For information please go to <https://westfordma.gov> or simply call the center at 978.692.5523 after 6:30am to receive current information on delay/closure.



Currently, the Cameron is under the mandate that all people must wear masks, regardless of vaccination status.

Hawaiian DINNER with DONNA (rescheduled from January)

Tuesday, March 29, 3:30pm to 6:30pm

Let's think warm thoughts with a Hawaiian party! Wear your bright luau attire and possibly win a prize! Entertainer Roger Tincknell will provide tropical music and dances performed on guitar, ukulele and percussion instruments. Be sure to do some stretching for limbo and hoola hoop contests! Dinner will be chicken with pineapple, white rice, green vegetable, dessert and drink. **The Westford Food Pantry and the Friends of Cameron are kindly subsidizing some of the cost of this meal, so the fee is only \$3.00.** Be sure to call and sign up quickly, as slots fill fast. 978.692.5523 *Save the date May 24, 5:00 – 7:30 for our next Dinner with Donna and entertainment by Smokin' Joe.



CHINESE CULTURAL LUNCHEON

Wednesday, April 20, at 1pm

We will be celebrating with Chinese food, decorations, and crafts to learn about different cultures and traditions within our community. Don't forget to wear lucky colors (green, yellow, red and blue) to this event! Cost \$5. RSVP at 978.692.5523 **Special thanks to the Friends of the Cameron for their financial sponsorship of this event.**



HOLI CELEBRATION

Wednesday, March 23 at 12pm

Come Celebrate Holi, the Hindu Spring Festival. Holi is also known as the Festival of Colors. Enjoy a delicious lunch, and after lunch we will make a special craft reflective of this celebration. Wear a bright color or two, or three. There are no limits on your personal expression! Cost \$6. RSVP by calling 978.692.5523. **Special thanks to the Friends of the Cameron for their financial sponsorship of this event.**



MEET & GREET

Tuesday, April 26 at 5:30pm

Do you have the COVID Blues? Are you lonely? Are you seeking companionship? Do you just need a friend? Join hosts Katie and Annette for fun icebreaking activities. Enjoy the company of people in our community and make some new connections, friendships, and who knows, maybe a new love interest! Light appetizers and finger foods will be served. Please sign up at the front desk at 978.692.5523.



Special thanks to the Friends of the Cameron for their financial sponsorship of this event.

**LIVE THEATER SHOW – “BON APPETIT, JULIA”,
Friday, April 22 at 1pm**

We are delighted to welcome back Delvena Theatre Company after we had to postpone the show last fall. This live performance is a sequel to Delvena's ever-popular *Meet Julia Child!* show. Set in the 1980's, the show will focus on insight into the beloved chef, Julia Child's life at that time. There will be audience participation and an original *The Way to Cook* program. Julia will be demonstrating her culinary skills, with real ingredients, and encouraging help from the audience. Julia being Julia! An interactive, fun show! The cast will be open for discussion regarding Julia Child, after the show.



As always, we will have a celebration with root beer floats following the show. A fun time for all! **Please call 978.692.5523 to sign up for this FREE show.**

This program is supported in full by a grant from the Westford Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

Director's Report ...

I have been thinking a lot about resilience lately. Resilience is defined as "An ability to recover from or adjust easily to misfortune or change". If there's anything that humans universally dislike, it's frequent change, and the last two years have been nearly constant change. We have had to adjust to a global pandemic, conflicting reports, conflicting advice, changing advice, schools and businesses closed, then opened, then closed again. Vaccines, boosters, masks. Which masks? Cloth masks, surgical masks, N95 masks.



Yet here we are. We have continued to provide exercise and classes, social activities and meals, and a place to simply be together. We have had to modify programs, postpone programs, and cancel programs. Through it all, you have been truly gracious and lovely – grateful for what we can do, and understanding about what we can't. So, first and foremost, I want to thank you for your good humor and resilience. And I also want to thank the staff – every single member of the team has risen to every challenge. I don't want to list those challenges for fear of forgetting a few, but I assure you that we have all been in this together, doing extra work with care and concern for you, our center participants.

While it's wonderful to acknowledge our resilience, I am looking forward to normal times!

Jennifer

ARPA Funds available to assist residents The Town of Westford is one of the many local governments that will benefit from the \$350 billion in emergency funding to assist state, local and tribal governments in responding to the COVID-19 public health emergency. We are appreciative of our Town leaders for supporting the following COA funding requests:

Our social service staff received \$30,000 to assist any households with a COVID- related expense such as rental/mortgage and fuel assistance as well as other basic needs impacting quality of life. To apply for these funds simply call the Cameron Senior Center at 978.692.5523 and ask to speak with Alison Christopher, Town Social Worker or Annette Cerullo, COA Outreach Coordinator.

Assistance with Accessing Mental Health Counseling Services- We are appreciative of our Town for supporting our funding request for \$3,000 to assist older adult population with needed co-payments and/or funding in order to access mental health services. Please contact your COA at 978.692.5523 and ask to speak with a team member of our awesome social service team.

\$45,000 has been secured to provide a Mobile Clinician who will provide contracted counseling services to residents of any age who can't access their current mental health specialist due to 2-3 month wait, have exhausted all mental health funding available through current health insurance provider, and/or has a financial need. This clinician will also be working with our schools and health department to ensure residents have equal access to needed mental health care. We hope to have this service available in March. Feel free to reach out our social service staff for updated information.

Pending Project- Your COA is working to secure ARPA funding to provide WIFI connectivity to residents of our income-based housing communities operated by our Westford Housing Authority. We are currently working with Mike Wells, IT Director to assist in this needed effort. Feel free to reach out to Jennifer Claro for updates at 978.399.2323.

COUNCIL ON AGING STAFF

Jennifer Claro, Director, Council on Aging
Alison Christopher, LICSW / Social Worker
Annette Cerullo, LSW /Outreach Coordinator
Claire France, Records Supervisor
Robert Rafferty, Transportation Dispatch
Christopher Mitchell, Maintenance Supervisor
John Wilson, Maintenance
Edna MacNeil, Front Desk
Katherine Russell, Senior Assistant
Martha Brockway, Senior Assistant
Karen Heitkamp, Night Supervisor

COUNCIL ON AGING BOARD MEMBERS

Helena Crocker, Member Emeritus
Nancy Cook, Chair
Robert Tierney, Vice Chair
Kathryn Wilson, Clerk
Sandra Collins
Patricia Holmes
Terry Stader
Barbara Upperman

FRIENDS OF CAMERON BOARD MEMBERS

Pat Reppucci, President
Donna Owens, Vice President
Kevin McGuire, Treasurer
Frances Kosenko, Asst. Treasurer
Katharine Karr, Secretary
Gail Austin
Helena Crocker
Joan Greenwood
Barbara Tonucci

DINING AND GAMES

Dining Options

RESTAURANT REVIEW

Be sure to mark your calendars for our next outings on **Wednesday, March 30 at 11:30 at Princeton Station, 147 Princeton St, No. Chelmsford,** **Wednesday April 27 at 11:30 at Tiny's, 2 Groton School Rd, Ayer.** Please pre-register at 978.692.5523 so we can call the restaurant with a head count for adequate seating. When you arrive you can check in under "Westford Senior Center". Please send restaurant suggestions to Annette at 978.399.2326.

Special thanks to the Friends of the Cameron for their financial sponsorship of the events listed below!

BIRTHDAY CELEBRATIONS

Tuesday, March 8 at 12:00pm

Meatloaf, Mac n Cheese, vegetable

Tuesday, April 12 at 12:00pm

Chicken Broccoli Ziti

Enjoy birthday cake and ice cream after lunch as we party with the birthday celebrants. Lunch will be prepared by students of the Nashoba Tech Culinary Arts Program. Cost: is \$5 and birthday celebrant lunch is free. **Thanks to Bear Mountain Healthcare for their generous donation of cake and ice cream.** To register please call 978.692.5523

MEN'S BREAKFAST

Join our favorite breakfast chefs—**Marcel Lacombe, Bob Benoit, John Lasna, and Dave Anderson** who prepare a great breakfast!

On Monday, March 14 at 8am, Geoff Hall will be speaking about the History of Westford, Part 2.

On Monday, April 11, at 8am the King of Trivia, Ken Clough, will join us for trivia and a few laughs. \$3 suggested donation. RSVP at 978.692.5523

JOIN US FOR WOMEN'S LUNCH

Wednesday, March 9 at 12pm

Join us for a social lunch where you will enjoy good food and good company! Tacos prepared by **Jackie Russell.**

Wednesday, April 12 at 12pm

Planting your own herb garden from seedling with **Meredith Perry!** Shake and Bake chicken prepared by **Jackie Russell.**

Cost: \$5 and don't forget to RSVP to 978.692.5523



BOILED DINNER

Wednesday, March 16 12:00 p.m.

Enjoy a traditional Saint Patrick's Day boiled dinner prepared by students of Nashoba Tech Culinary Arts Program. Don't forget to wear green! Erin go Bragh! Cost is \$10. Sign up by calling 978.692.5523. **Special thanks to the Friends of the Cameron for their financial sponsorship of this event.**



Games

MONDAY BINGO

Mondays at 1pm

Join us at the Cameron for some BINGO Fun! \$1 to buy a colored dobber. \$3 per paper BINGO sheet that has 3 BINGO boards. Sign up at 978.692.5523.



SPECIAL FRIDAYS BINGO

We are excited to offer BINGO on the first and third Fridays in March and April beginning at 1pm. BINGO supplies can be purchased—\$1 for a dobber and \$3 for a BINGO sheet which includes 3 BINGO boards

OPTIONAL PRE-BINGO LUNCH

If you're interested in having lunch before BINGO, please register for any or all of the lunch offerings prepared by the fabulous BINGO chef, Mike Dyer. Lunch served at 12:00 Cost is \$3

Friday, March 4 English muffin pizzas & brownies

Friday, March 18 Grilled cheese & tomato soup with noodles

Friday, April 1 Sausages with rice

Friday, April 15 Turkey sandwiches

Please remember, you **must** RSVP for lunch by calling 978.692.5523. **For any questions about BINGO, call our program coordinator, Katie Russell, at 978.399.2330.**

CARDS AT THE CAMERON

Please register at the front desk for selected game(s), so we can notify you in case of a cancellation.

BRIDGE Thursdays at 2:30pm

CRIBBAGE Wednesdays at 12:30pm

HAND AND FOOT (Canasta) Thursdays at 12:30pm



Health and Wellness Offerings

Fitness Classes

A special thanks to the Friends of the Cameron for helping to subsidize these classes

TRAIN WITH SHAIN – CIRCUIT TRAINING CLASS

Thursdays at 6:30pm

8 weeks beginning March 10

Join physical therapist and senior fitness specialist Steve Shain for a weekly fitness class that will focus on improving your strength and conditioning, along with flexibility, gait and balance. We will be using weight machines, free weights, resistance bands and your own body weight. Cost for Westford residents is \$24 per session; others pay \$5 per class. Sign up at 978.692.5523.

NEW

VINYASSA PILATES

Tuesdays at 4 p.m. for 8 weeks beginning March 8

Instructor: Katheryn Roper

Vinyassa Pilates is a mind/body mat class that helps to realign physical & mental body systems. Using rhythmic breathing paired with strengthening, mindful movements, participants report feeling better resilience, joy, & strength for the activities of daily living, as a result of the metabolic effect. Please bring water, a small towel, and a yoga mat. Cost is \$5 per class paid directly to instructor. Sign up at 978.692.5523.

NEW

TAI CHI

Mondays at 1pm

Eight Weeks beginning March 7

Join Lesley Mathews for a Tai Chi class at the Cameron. Cost for Westford residents is \$24 per session; others pay \$5 per class. Sign up at 978.692.5523.



BONE BUILDERS

Mondays and Wednesdays 9:30-10:30am,

Tuesdays and Thursdays 1-2pm

Bone Builders is a great class to participate in if you are recovering from a health set-back. Build your strength, range of motion, and increase flexibility at a pace that is comfortable with you. To register for the classes please call the Cameron at 978.692.5523 to request an application which must be completed (with physician's approval) Class space is limited. If you have any questions, please call Maureen Thibodeau at 978.692.7634.

We are grateful for Community Teamwork, Inc. for providing these wonderful classes for our center at no cost.



STRENGTHEN YOUR IMMUNITY WITH MINDFUL MOVEMENT

Tuesdays at 9am

March 8 through April 26

Instructor: Ray Caisse from Cultivating Qi, Westford

This on-going pandemic has rattled all of us to varying degrees. We have been moved out of our comfort zone which is unsettling to body, mind and spirit. The resulting stress and anxiety is an unhealthy by-product of the situation we find ourselves in. Mindful Movement offers gentle physical activity to help move blood and oxygen around the body, nourishing the organs and tissues, promoting healing and strengthening the immune system. In addition, due to the in-the-moment connection of the mind to the breath and physical movements, Mindful Movement helps to calm the mind, relieving emotional stress and mental anxiety. The instructor for this 8-week series is Ray Caisse from Cultivating Qi in Westford, MA. Ray has over 25 years' experience in the Mindful Movements of qigong and tai chi. He has taught numerous classes at hospitals, senior centers, retirement communities, assisted living communities and wellness centers in Northeastern Massachusetts and Southern New Hampshire. Class size is limited, so register early at 978.692.5523. Cost for Westford residents is \$24 per session; others pay \$5 per class.



CHAIR MOVEMENT WITH CAROL WING

Tuesdays and Thursdays at 10:10am

Tuesdays March 1—April 26

Thursdays March 10—April 28

To register call 978.692.5523 Cost for Westford residents is \$24 for each session; others pay \$5 per class. Sign up at 978.692.5523.



ZUMBA

Tuesdays and Thursdays at 9:15am

Eight Weeks

Tuesdays March 1—April 26

Thursdays March 10—April 28

Join Carol Wing for a Zumba Class at the Cameron. Cost for Westford residents is \$24 for each session; others pay \$5 per class. Sign up at 978.692.5523.



WELL-BEING GROUP CONDITIONING

Tuesdays & Thursdays at 10am

Eight weeks beginning March 8

Held at the Well-Being Fitness Gym at Cornerstone Plaza. A full body conditioning class focusing on core stability, pliability, strength training, plyometrics, and cardiovascular fitness. Get a full-body workout around a cardio format while increasing strength and stamina. Class size is limited. Please call to sign up at 978.692.5523. Class fee for Westford Residents is \$50, others are \$65

Health Screenings and Information

GRIEF SUPPORT GROUP

Begins March 24, 4pm

We have heard from residents that a local grief support group would be appreciated. While grief can impact individuals in different ways, connecting with others to share stories, experiences, and receive/offer support can help with the grieving process. Please join us if you have suffered a loss and are seeking a safe place to express your feelings, to feel heard, to learn about the grieving process and to obtain helpful coping materials and resources. These "drop in" groups will be offered on the 2nd and 4th Thursdays of every month at 4:00 here at the Cameron. There is no fee and no required attendance. Any questions please call Annette or Alison at 978.692.5523.



WESTFORD HEALTH DEPT BLOOD PRESSURE & MORE

Tuesdays, March 8 and April 12, at 9am

Meet with Gail Johnson, the Town's Public Health Nurse

Health screenings including blood pressure reading, medication review, weight check, and an opportunity to discuss other concerns.

HEARING SCREENING

Mondays, March 14 and April 11 at 9:30am

Dr. Megan Ford from HearSmart Audiology of Littleton, will provide hearing assessments. Sponsored by the Westford Health Department. To book your appointment call the Health Department at 978.692.5509.

NEED ASSISTANCE WITH MEDICARE?

Mondays, March 14 and April 11 BY APPOINTMENT

SHINE (Serving Health Insurance Needs of Everyone) CAN HELP! Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. You may benefit from cost-savings programs that a SHINE counselor will explain to you. Your health insurance costs are an important part of your budget, and SHINE is available all year to help you review your plans and costs. Call 978.692.5523 to schedule.

The Alzheimer's Association New England regional chapters have developed resources to help those with Alzheimer's and dementia and their caregivers navigate the challenges presented by the COVID-19 crisis. They have also included information on their advocacy efforts, and ways you can get involved in the fight against Alzheimer's. The 24/7 Helpline is available for around-the-clock care and support at 800.272.3900. Feel free to contact them with any question, any time. Their Virtual Education page has many live education programs for caregivers, people with memory loss, and others. Check it out here:

https://www.alz.org/manh/helping_you/community_family_education

Social Fitness Activities

PING PONG

Mondays at 2pm, Tuesdays at 3:30pm, and Fridays at 9:30am

Come join our group of avid ping pong players, varying in skill from beginner to advanced. It is a vibrant group of people who really enjoy ping pong and one another. If you would like to participate just RSVP by calling 978.692.5523 so we know how many tables to set up.



PICKLEBALL

This equipment is available to use during all hours of operations of the Cameron as long as there's no snow on the court!. Just see the front desk to request the equipment. To get current information for pickle ball in and around Westford, check the pickle ball website.

<https://sites.google.com/view/westfordpickleball/home>

Healthy Food Options

SNAP – Supplemental Nutrition Assistance Program

Do you need help buying groceries? If your monthly income (household of 1) is less than \$2,147 or (household of 2) is less than \$2,903, you may be eligible for a monthly benefit toward groceries. For more information, call Annette at 978.399.2326 or go to <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

SNAP recipients can now shop online at Hannaford, Stop & Shop, Price Chopper and Aldi via **Instacart**. This is a great way to avoid a shopping trip if you are concerned about COVID or you just find it difficult to get out.

Westford Food Pantry

The Westford Community Food Pantry, located on the first floor of the Cameron, is staffed by volunteers.

FOOD PANTRY HOURS:

- **Wednesday Evenings from 6 to 8 pm**
March 2, 9, 16, 23, 30
April 6, 13, 20, 27
- **Friday Mornings from 9 to 11 am**
March 4, 11, 18, 25
April 1, 8, 15, 22, 29

For more information, or to donate, check their website at

www.westfordfoodpantry.org

WHOLE FOODS DISTRIBUTION

Mondays and Thursdays at 1:30pm

Open to all residents 55+. Sign in at the front desk each day that you want to participate.

SOCIAL SERVICES AND OUTREACH NEWS



Alison Christopher, LICSW, COA Social Worker (left) and Annette Cerullo, LSW, COA Outreach (right)

Outreach

Westford has approximately 5,000 residents over the age of 60, nearly 1/5 of our town population. We are honored to serve those residents who call on us for assistance. Our Social Services department has helped folks with financial issues, application assistance, grief support, COVID support, problem solving, home safety issues and more. If you feel “stuck” and unsure where to turn for some help, please reach out to us and we will do our best to address your concerns. You can ask for Annette or Alison at 978.692.5523.

HOLIDAY DOOR DECORATING CONTEST AT SENIOR HOUSING

To spread holiday joy, the Cameron Senior Center sponsored a door decorating contest at Senior Housing sites in town. On December 15, three judges (Tamera Baker, Carolyn Priest and Judy Davis), toured senior housing and awarded gift cards to residents for their creative holiday door decorations. Winners included: Yvonne Gervais, Norma Cassidy, Betty Seminatore, Sandra Koester, Kay Mack, Evelyn Desharnais, Jean Piantedosi, Bill Sacco, and Mary Kelsey Ramos. Thanks to all those who participated and to our judges.



Bill Sacco designed and drew his submission. Bill is shown here with his wife Janis, and their dog, Penny.

Sandra Koester's festive snowman!



Yvonne Gervais and her winter wonderland!

Spotlight on Emotional Wellness-Skills for Everyone with Lisa Wessan, LICSW, RM, CLYL

Based on the premise that every thought becomes a chemical reaction in your body, this 6 session workshop offers a multimodal approach to improve your ability to recover your emotional balance and feel healthier, more peaceful and relaxed. You will learn classic and innovative emotion regulation skills from Dialectical Behavior Therapy Skills Training (DBT), including how to identify and describe your emotions, change your emotional responses and manage extremely difficult emotions. You will also learn how to apply Mindfulness methods, to improve your attention and focus, stay in the present, and reduce negative judgments about yourself and others. **This workshop series will be brought to our center by a grant from the Greater Lowell Community Foundation.**

APRIL 8, 2022 1-3PM

Dialectical Behavior Therapy (DBT) Mindfulness Skills Part I:

Introduction to the House of DBT: Mindfulness, Emotion Regulation, Distress Tolerance (and Interpersonal Effectiveness summary); BioSocial Theory; Wise Mind: States of Consciousness; Ideas for Practicing Wise Mind; The “WHAT” Skills, learning to be a good Observer, learning to Describe your emotions, becoming a stronger Participant in life; Guided group meditation. CALL 978.692.5523 to pre-register by April 1.

MAY 13th SESSION PREVIEW: Dialectical Behavior Therapy (DBT) Mindfulness Skills Part 2:

The “HOW” Skills; How to be Non-judgmental; How to practice Radical Acceptance; How to stay in the present moment; How to be more effective, willing, compassionate; How to be less willful and impulsive. Review the spiritual dimension of Wise Mind; Guided group meditation.

About the instructor: Lisa Wessan, LICSW, RM, CLYL, is a Psychotherapist, Life Coach, Dialectical Behavior Therapy Skills Trainer (DBT), author, speaker and consultant. Lisa works with individuals and groups who seek pleasure and fulfillment in their lives through improved energy and heightened consciousness. Lisa is also the on-air host and producer of the cable television *Lisa Wessan Show*. Her work has been featured in the media over the years, including *The Boston Chronicle*, *The Boston Globe*, *CNN*, *Paula Zahn Now*, *The Lowell Sun* and *The Wall Street Journal*. She is in private practice in Westford, MA, and travels widely presenting a variety of wellness and personal growth programs. Visit www.lisawessan.com for further information.



Lisa Wessan, LICSW, CLYL, RM, Psychotherapist, Dialectical Behavior Therapy Skills Trainer (DBT), Walk and Talk Therapy (WATT)

Housing and Independent Living Resources

ARE YOUR HOME ADDRESS NUMBERS VISIBLE?

We want to be sure your home can be found quickly in the event of an emergency. Lt. Darren Lanier of the Westford Fire Department shared that home numbers should meet the following criteria: they should be of contrasting color to your home (i.e. black on white), permanently fixed, visible from the street and **at least 3 inches tall**. Numbering your mailbox is also suggested. If your home is not well marked, your numbers can not be seen from the street, and you would like some assistance, please contact Annette at 978.399.2326.

FUEL ASSISTANCE

DON'T FORGET....Now is the time to think about your winter heating costs. If your household annual gross income is below \$40,951 (1 person) or \$53,521 (2 people), and you are interested in learning about **LIHEAP**-fuel assistance, call Alison at 978.399.2325 or Annette at 978.399.2326. We have applications and can assist you.

RENTAL AND MORTGAGE ASSISTANCE

There is still rental and mortgage assistance available for residents who have experienced a financial hardship associated with COVID-19. These programs include financial assistance and legal assistance regarding evictions. If you are concerned about rent or mortgage arrears due to COVID related financial hardship (or for reasons unrelated to COVID-19), please call Alison at 978.399.2325 to discuss your options.

PROPERTY TAX EXEMPTIONS – Are you eligible?

The town of Westford has several property tax exemptions for residents: those with limited income, blind, disabled, veterans and more. You may be eligible for a tax break! If you are interested in learning more about your options you can call the Assessor's office at 978.692.5504 or call Annette to review them at 978.399.2326

SAND BUCKETS

If you need a free bucket of sand to be delivered to your home for the coming winter months, please call 978.692.5523 to get on a list. Many thanks to the Westford Police Department for providing this service.

SNOW REMOVAL

Now that winter is upon us, many folks ask if we know of people who can help with snow removal. Unfortunately, this is one of the hardest needs to find volunteer services for. There are several companies in the area that provide snowplow services and we create a list every year with their contact information; however, we do not endorse any one over another. A list can be emailed to you or picked up at the center. Other options are to check with your church, the local classifieds, and your neighbors. If you would like to discuss this further, please call Annette at 978.399.2326.

SPRING CLEAN UP – Deadline April 15

It is that time of year when many of you will be thinking about spring yard cleanup. Due to growing numbers of seniors requesting this service and limited volunteer hours available, we are asking that residents sign up only if they have no other means for yard work to be completed. Please also know that a request does not guarantee that your yard can be cleaned. We will do our best to solicit volunteers, but **we will be prioritizing seniors with a demonstrated need first** – financial, health, physical etc. We apologize in advance if we cannot help every person who asks. Please call the front desk at 978.692.5523 for your name to be added to the requestor's list by **Friday 4/15**.

Community Resources

VET 2 VET

With retired veteran's agent and resident Terry Stader
Tuesdays, March 8 and April 12 at 11am

Are you a veteran who has questions and would like to talk to another veteran? Sign up with for a one on one appointment at 978.692.5523.

VETERANS SERVICES

Westford Veterans Agent, Ryan Cobleigh, is available to assist with benefits and/or other needed services or information. To speak with Ryan, please call 978.392.1170 or visit <http://westfordma.gov/veterans>

ALZHEIMER'S & RELATED DEMENTIAS

CAREGIVER SUPPORT GROUP

Wednesdays March 2 and April 6 at 6:30pm

Meets the 1st Wednesday of the month beginning at 6:30. The meeting has been happening via Zoom during the pandemic. Please call Sandy Klaprodt, the group leader at 978.758.6072 for more information or to pre-register.

ASK THE REALTOR

With Kathy Cunningham of Coldwell Banker, Westford
Mondays March 14 and April 11 at 9:30am

Call 978.692.5523 to schedule an appointment to speak with local realtor Kathy Cunningham about your personal real estate questions.

ASK THE DETECTIVE

Thursdays, March 10 and April 14 at 11am

Westford Police Department Family Services Detective Nirisa Nicoletti will be available for consultation at the Cameron. Walk-in or call 978.692.5523 for an appointment.

ASK THE LAWYER

Tuesdays, March 8 and June 7 beginning at 9:30 AM

Free legal service provided by the office of Attorney Karen Johnson is available to all Westford seniors age 60 and over by appointment. Appointments are 30 minutes each. Please call 978.692.5523 to reserve a time.

From the Dispatcher's Desk

Regular operations of our Transportation Department provide hundreds of rides each month to Westford seniors (55+) and disabled persons, to destinations throughout Westford, Chelmsford, Lowell, Ayer, Acton, Carlisle, Groton, and Littleton. Our vans are available for not only events scheduled through the Cameron Center, but also medical appointments, errands, and employment transportation. If you have any transportation needs please do not hesitate to contact us at 978.399.2322. Our last return trips are at 3:30 PM each day to allow drivers to make it back to the Center before closing time. **If you need transportation for a Cameron-sponsored event, just let the front desk know when you register—there's no need to call Transportation!**

DRIVER OF THE MONTH

Let us introduce Steve Ducharme, who has been a transportation driver with the Cameron Senior Center since 2016. Prior to that, Steve was employed by the Westford Fire Department where he worked for 36 years and retired as a Captain! He has been married to his wonderful wife Audrey for 45 years. After meeting his wife he moved to Westford in 1975. He has two wonderful daughters, Heather and Heidi, and four grandchildren Ryan, Anna, Chloe and Patrick whom he loves spending time with. In his spare time he likes putting around in his garage fixing or building things. Steve claims there is always something on his honey do list! Steve loves to travel with his wife in their camper and has a goal to see the country. Steve loves coming to work with the Staff of the Cameron who he says are "so nice" and enjoys talking with the riders.



SOCIAL AND ENRICHMENT ACTIVITIES

UPBEATS BAND

Thursdays 10am

Are you experienced at playing an instrument? Join our house band, The Upbeats! Play music and have fun! New band members always welcome.

WRITER'S WORKSHOP

What is your legacy? Do you have family stories to share with future generations? Join our Writer's Workshop where we will explore our family stories, to begin a possible memoir. We will meet once a week to share our work in progress as well as receive some helpful tips on improving your style. Writers of all abilities are welcome. Contact Katie Russell for additional details at 978.399.2330 or email her at krussell@westfordma.gov

Thursday, April 14 at 4:15pm

Join us on a tour of "The Colony", the home of New England beekeeping, Carlisle honey & Honeybound Meadery. Before a tour of our local honey spot in Tyngsboro, enjoy a nice dinner at TreMonte Pizzeria. It will be a dutch meal, and the cost of the tour and the transportation is \$10. Bee quick and signup! Spaces are limited. 978.692.5523. To view the menu for Tremonte Pizzeria Restaurant and Ale House, see their website <http://tremontepizzeria.com/tyngsboro/>



MOVIE NIGHT

Thursdays, March 17 and April 21 at 4:30pm sharp

Join us March 17 for *Minari*, a tender, award winner movie about a South Korean family that moves to America (postponed from January). April's showing is *Queen Bees*, a comedy starring Ellen Burstyn and James Caan. Just \$4 for a movie, popcorn, refreshments and light meal. Please call to sign up at least 3 days prior at 978.692.5523. **Thank you to the Friends of the Cameron for subsidizing costs.**

BOOK CLUB

Tuesdays March 15 and April 19 at 2pm

Are you a reader who likes to talk about books? In March we will be discussing *Keeping Faith* by Jodi Picoult and in April *The Midwife's Confession* by Diane Chamberlain. You can get a book from us at the senior center or try on line i.e. Kindle, Hoopla, Libby. Happy Reading! Annette 978.399.2326

FREE PIANO LESSONS

Thursday evenings

Meaghan Lu, a Westford Academy student, is volunteering her time on Thursday nights to provide piano lessons. Call 978.727.7396 to set up a lesson time.

School Crossing Guards Needed in Westford

Volunteers are needed to staff a crossing guard program for the Nabnasset Elementary School on Plain Rd. Keep students safe by helping them get to and from school. During the school year guards will be asked to staff the crosswalk in front of the school M-F from 8:45am to 9:15am and 3:00pm to 3:30pm (12:10pm to 12:45pm on early dismissal days). All the necessary equipment will be provided to volunteers. To learn more about being a crossing guard please review the MassDOT Crossing Guard Training:

<https://tinyurl.com/westfordcrossingguard>

Westford school calendar with school start and end times here:

<https://tinyurl.com/westford2022schoolcalendar>

For more information or to volunteer please

Contact Chris Barrett, Chair,
Town of Westford Pedestrian Safety Committee
cbarrett@westfordma.gov
(978) 496-1008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 2022	1 9:00 Quilting 9:15 ZUMBA 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong	2 9:30 Bone Builders 12:30 Cribbage 6:00 Food Pantry 6:30 Caregivers Sprt	3 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge	4 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong 12:00 Lunch 1:00 BINGO 3:00 Technical Train
	7 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	8 9:00 Quilting 9:00 Mindful Movement 9:00 Blood Pressure 9:30 Ask the Lawyer 9:15 ZUMBA 10:10 Chair Movement 11:00 Vet to Vet 12:00 Birthday Lunch 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong 4:00 Vinyasa Pilates	9 9:30 Bone Builders 12:00 Women's Lunch 12:30 Cribbage 6:00 Food Pantry	10 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 11:00 Ask the Detective 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge 6:30 Train with Shain
	14 8:00 Men's Breakfast 9:30 Bone Builders 9:30 Hearing Screening 10:00 Sewing 10:00 Ask the Realtor 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	15 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 2:00 Book Club 3:30 Ping Pong 4:00 Vinyasa Pilates	16 9:30 Bone Builders 12:00 Boiled Dinner 12:30 Cribbage 6:00 Food Pantry	17 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge 4:00 Movie Night 6:30 Train with Shain
	21 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	22 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong 4:00 Vinyasa Pilates	23 9:30 Bone Builders 12:00 Holi Celebration 12:30 Cribbage 6:00 Food Pantry	24 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge 6:30 Train with Shain
	28 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	29 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong 3:30 Dinner with Donna 4:00 Vinyasa Pilates	30 9:30 Bone Builders 11:30 Restaurant Rev 12:30 Cribbage 6:00 Food Pantry	31 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge 6:30 Train with Shain

Fitness Center, Library, Billiards Room, Computer Room, Trudy's Boutique open daily from 9—3
Fitness Center also open Tuesdays and Thursdays until 7:30PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 2022				1 8:30 Billiards 9:00 Food Pantry 9:30 Ping Pong 12:00 Lunch 1:00 BINGO 3:00 Technical Training
4 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	5 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:10 Chair Movement 11:00 Vet to Vet 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong 4:00 Vinyasa Pilates	6 9:30 Bone Builders 12:30 Cribbage 6:00 Food Pantry	7 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge 6:30 Train with Shain	8 8:30 Billiards 9:00 Food Pantry 9:30 Ping Pong 3:00 Technical Training
11 8:00 Men's Breakfast 9:30 Bone Builders 9:30 Hearing Screening 10:00 Ask the Realtor 10:00 Sewing 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	12 9:00 Quilting 9:00 Mindful Movement 9:00 Blood Pressure 9:15 ZUMBA 10:10 Chair Movement 11:00 Vet to Vet 12:00 Birthday Lunch 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong 4:00 Vinyasa Pilates	13 9:30 Bone Builders 12:00 Women's Lunch 12:30 Cribbage 6:00 Food Pantry	14 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 11:00 Ask the Detective 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge 4:15 Van Trip 6:30 Train with Shain	15 8:30 Billiards 9:00 Food Pantry 9:30 Ping Pong 12:00 Lunch 1:00 BINGO 3:00 Technical Training
18 Center Closed Patriot's Day 	19 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 2:00 Book Club 3:30 Ping Pong 4:00 Vinyasa Pilates	20 9:30 Bone Builders 12:30 Cribbage 1:00 Chinese Lunch 6:00 Food Pantry	21 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:30 Whole Foods 2:30 Bridge 4:00 Movie Night 6:30 Train with Shain	22 8:30 Billiards 9:00 Food Pantry 9:30 Ping Pong 3:00 Technical Training
25 9:30 Bone Builders 10:00 Sewing 1:00 Tai Chi 1:00 BINGO 1:30 Whole Foods 2:00 Ping Pong	26 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong 4:00 Vinyasa Pilates 5:30 Meet and Greet	27 9:30 Bone Builders 11:30 Restaurant Rev 12:30 Cribbage 6:00 Food Pantry	28 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:30 Whole Foods 2:30 Bridge 6:30 Train with Shain	29 8:30 Billiards 9:00 Food Pantry 9:30 Ping Pong 3:00 Technical Training

Fitness Center, Library, Billiards Room, Computer Room, Trudy's Boutique open daily from 9—3
Fitness Center Open Tuesdays and Thursdays until 7:30PM

Friends Corner

Think spring! The Friends are meeting and planning for our upcoming March membership drive, and spring events.



Be sure to check your March mail for our membership flyer. We appreciate the generosity of the Westford community and Friends membership in helping fund our ongoing programs.

On a sad note, Ann Bennett, founder of the Cameron Music Makers, Westford Chorus and holiday concert in support of the local food pantry, passed away on January 22, 2022. Ann was instrumental in keeping music front and center in the Westford community for many years. May her memory be a blessing.

Pat Reppucci
President, Friends of the Cameron Senior Center

For more information check out the Friends website
<https://westfordmafriendsofcameron.com/>



VOLUNTEERS WANTED AND NEEDED

If you are interested in volunteering, please contact Katie Russell at 978.399.2330 or via email at krussell@westfordma.gov. Or stop by the desk and pick up a package!

Arts and Crafts

COME SHARE YOUR TALENTS AND BE A CAMERON STAR

We are looking for people who would like to participate in the Talent Show which will be held at the end of May. If you have a special talent you would like to share with the Cameron community, please contact Katie 978.399.2330 or krussell@westfordma.gov



OPEN ART STUDIO

Tuesdays 1pm – 3pm

Do you have projects that you are working on but also would enjoy some company while you paint? If so, Open Art Studio may just be the place for you. Drop-ins are always welcome.

BASIC WATERCOLOR PAINTING WITH PAULA MINGOLELLI

Thursdays from 1pm-3pm

6 weeks February 24—March 31

This teacher demonstration class will give students the opportunity to work along with the instructor from start to finish on all paintings. Students will work on developing their drawing skills, composition, layering, glazing and more. Paula will provide one on one guidance during each session. This class does require a basic knowledge of working in watercolor. Class size is limited. Cost: \$90 for Westford residents and \$110 for others. Please request watercolor supply list once you pay for the class. **A special thanks to the Friends of the Cameron for helping to subsidize this class.**

SEWING & QUILTING CLUBS

Mondays 10am – 1pm and Tuesdays 9am – 11am

Please come in and enjoy a working on your quilting and sewing projects with many other friendly and like-minded crafters. It's fun to see the different projects that people are working on. Share project tips and enjoy some creative company!

DID YOU KNOW?

Elder Services of Merrimack Valley (ESMV) has changed their name. They are now AgeSpan. If you receive communications from the former ESMV, look for their new name and logo.



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Here's what we're planning!

WOO SOX AT POLAR PARK

Wednesday, June 1

The Woo Sox Play Ball! You'll arrive at Polar Park an hour prior to game time, allowing you time to view pre-game warmups, have a bite to eat and take in all the sights at this beautiful new Baseball Park. Then you'll enjoy all the action from your excellent Polar Park Reserved Seats when the Woo Sox and their opponent take the field. You'll depart after the game and a great day at Polar Park! Go Sox!!! This trip is created by Fox Tours and the cost is \$89 per person.

BLOCK ISLAND

Thursday, July 7

Your first destination is Point Judith, Rhode Island, where you'll board your ferry for an invigorating one hour ride to Block Island. Here, you'll enjoy a 1 1/4-hour tour across the Island with a native Block Island guide. A delicious luncheon also awaits you at the National Hotel. This trip is created by Fox Tours and the cost is \$139 per person.

MAINE'S FAMOUS "BULL AND CLAW" LOBSTER BAKE

Tuesday, August 9

Arriving in Maine, "The Pine Tree State" you'll travel along the coast past scenic towns and attractions until arriving in Wells. Now be ready for a Lobster Feast at The Bull and Claw Restaurant After departing, you'll continue along the Atlantic Seacoast and make a visit to scenic Ogunquit, where you'll have time to visit the quaint shops. Finally, you'll visit the outstanding 'When Pigs Fly Bakery' in Kittery and experience their old-world artisan breads. This trip is created by Fox Tours and the cost is \$109 per person.

LAKE WINNIPESAUKEE AND CASTLE IN THE CLOUDS

Wednesday, September 7

Travel with Best of Times Travels to the shores of Lake Winnepesaukee for a scenic cruise on this magnificent lake and take in amazing views of the lake as we travel up to the Castle in the Clouds. Breathtaking views are abound on this fun-filled day trip. Also enjoy lunch at the Heart Turkey Farm. Cost of the Trip is \$159 per person.

...And even more to come! Keep an eye out for future newsletters and other advertising!

How to Get Your Cameron News

- If you are age 70 or older the Cameron monthly newsletter will automatically be mailed to you free of charge. If you would like to know more, please contact Martha at 978.399.2324
- If you prefer receiving a newsletter via email, please go to the town website and click on "Notify Me" and type in your email to sign in. Under "Agenda Center" Click on Council on Aging
- If you would like to be mailed a monthly newsletter for an annual cost of \$12 please send a check made out to the Town of Westford and mail to: Cameron Senior Center- 20 Pleasant St., Westford, MA., 01886 or stop in at the center.
- Find our Facebook Page at facebook.com/CameronSeniorCenter/

OUR MISSION: The Council on Aging promotes the physical, emotional, and economic well-being of aging adults and their engagement in all realms of community life.

20 Pleasant St., Westford, MA 978.692.5523

www.westfordma.gov/coa

<https://www.facebook.com/CameronSeniorCenter/>

BOARD MEETINGS

COA Board Wednesdays, March 16 and April 20 4pm

Friends of Cameron

Thursdays, March 17 and April 21 10am



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Jennifer Lane
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Nancy Allam
M 978.505.8865
nancy.allam@compass.com

Wendy Crandall
M 617.359.5969
wendy.crandall@compass.com

Income Tax Help

Hal Schreiber, our volunteer tax expert, will be back this year to complete 2021 federal and state income tax returns. Dick Severyn will also be back to assist Hal. This is a free service sponsored by your Senior Center and there are no age or income limits. This year, your Senior Center tax aide site will be sponsored by your Council on Aging instead of AARP. Please call the Senior Center at 978.692.5523 to add your name and telephone number to the list for having your tax return prepared. Hal has all the federal and state tax forms that are needed to be filled out – you do not need to bring any blank tax forms or instructions with you.

Information Needed for Preparing Your Tax Return:
Your 2020 federal and state tax return if it was not prepared at the Westford Senior Center.

Form MA 1099-HC and IRS Form 1095-B. The health insurance information from these forms must be entered on your Massachusetts tax return. Note – Massachusetts did not eliminate the health care tax penalty.

Form 1095-A (you receive this form if you received the advanced health insurance premium tax credit). The IRS will demand the entire credit be returned if the information from this form is not entered on your federal tax return.

W-2s, SSA-1099s, 1099s (DIV, INT, B, G, MISC, etc), Schedule K-1s, 1098s, etc

The amount and date of any federal and state estimated tax payments you made for 2021.

If you pay rent for your main residence, bring the total amount you paid in calendar year 2021 (some or all is deductible on your Massachusetts tax return).

For real property not located in Westford – total the property tax bills that you paid in calendar year 2021 (do not include any late payment fees, demand notice fees, or interest charges).

If your main residence is not located in Westford and if you or your spouse is age 65 or older – total the water/sewer bills that you paid in calendar year 2021 (do not include any fees or interest due to late payment).

Car, boat, personal property excise tax bills – total the bills that you paid in calendar year 2021 (do not include any fees or interest due to late payment).

If you sold any stock or bonds - the date you bought the stock or bond and the amount you paid for them (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).

If you have any mutual funds - any information provided by the mutual fund concerning how much of the dividends are exempt from state income tax or are from federal or state obligations. If you sold any mutual fund shares - the date and what you paid for the shares (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).

Medical and Dental expenses – total your co-pays and deductibles for all your drugs (prescription and over-the counter), doctor, dentist, hospital visits, etc. Include hearing aides, eyeglasses, etc. Add up the car mileage to get prescription drugs or go to the doctor, dentist, hospital, etc. List any health insurance premiums, long term care premiums, and Medicare premiums separately since they need to be reported separately (do not add them together).

Charitable contributions. - total your cash/check/credit card contributions (do not include any political or election campaign contributions). For property contributions – in general terms (clothing, household goods, furniture, etc), what was contributed; the date of the contribution; estimated fair market value of the property; and the name and address of the charity receiving the property. If you donated a car, it is very important that you bring the paperwork/form you received from the charity. Note – cash/check/credit card charitable contribution, up to \$300, can be deducted if you do not itemize your deductions.

SPECIAL THANKS



The **Markel Realty Group** making a difference!

We are very appreciative to have Frances and her team visit the center to donate \$1,000 to be used for our emergency heating assistance fund. **Pictured, from left: Jill Haines, Fred Baumert, Anne Turcott, Frances Markel, Donna DiGiovine, Kevin McGuire, Friends of the Cameron, Treasurer and Alison Christopher, Town Social Worker.**





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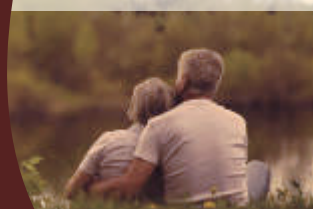
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BRAIN GAMES

Answer to Sudoku

4	1	6	5	2	8	3	7	9
3	8	2	1	7	9	5	4	6
7	9	5	4	3	6	8	2	1
1	3	8	2	9	5	4	6	7
5	7	9	6	4	3	2	1	8
2	6	4	8	1	7	9	3	5
6	2	1	9	5	4	7	8	3
8	5	3	7	6	2	1	9	4
9	4	7	3	8	1	6	5	2

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

8	1	3					6	
	5			4	3		7	
		1	7	9			5	4
4	7			6		9		
			3				1	
					9			
	4	8						
5	6				8		3	

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DIFFICULTY: ★★★★★

CROSSWORD PUZZLE

ACROSS

- 1 Brit. Virgin Islands (abbr.)
4 Viking
8 External covering
12 Belonging to (suf.)
13 End (pref.)
14 Mississippi bridge
15 Compass direction
16 Maenad
18 Broad structural basin
20 Water nymph
21 Abdominal (abbr.)
23 Stair post
27 Sp. instrument
32 Annoy
33 Insect
34 Misrepresent
36 You (Ger.)
37 Hindu month
39 Female noble
41 Bird
43 Eur. Economic Community (abbr.)
44 Trespass for game
48 Gamin
51 Puce (2 words)
55 Shoe size
56 "Uncle Remus" rabbit
57 7th incarnation of Vishnu
58 Cathode-ray tube (abbr.)
59 Convey
60 Black
61 Kilometers per hour (abbr.)

DOWN

- 1 Conquer
2 Anatomical duct
3 Limp
4 Off-track betting (abbr.)
5 Compact
6 Razor-billed auk

ANSWER TO PREVIOUS PUZZLE

GAD	ANAK	COSM
IHI	BUNA	ORTS
BES	ANIMAL	FAT
EMMA	ADO	
	ACTION	ARCAS
MENU	ITEM	SOGA
AGT	PIPAL	NRA
DALE	COLOSSAL	
EDEMA	STAAT	
	ECU	PRAE
GRASS	SYSTEM	UCA
OPHI	EYAS	CDC
AMAS	DENS	TCH

- 7 Central points
8 Dive
9 John, Gaelic
10 Banned
11 Compass direction
17 Chin. dynasty
19 Dance
22 Cotillion attendee
24 Jab
25 Ancient Gr. city
26 Dregs
27 Heddles of a loom
28 Handle
29 Beak
30 Guido's note (2 words)
31 Shooting match
35 Equal opportunity employer (abbr.)
38 Household linen
40 Nat'l Endowment for the Arts (abbr.)
42 Chin. pan
45 Rhine tributary
46 Crustacean
47 Blood (pref.)
49 Amer. Assn. of Retired Persons (abbr.)
50 Eng. spa
51 Abate
52 Yorkshire river
53 Race the motor
54 Israelite tribe

1	2	3	4	5	6	7	8	9	10	11
12			13				14			
15			16				17			
18			19		20					
	21		22		23		24	25	26	
27	28			29	30	31	32			
33			34			35	36			
37			38		39		40			
41			42			43				
		44		45	46	47	48	49	50	
51	52	53				54		55		
56				57			58			
59				60			61			

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A4

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "L" = "C"*

"PH YSUVSQV OVBKXY XSD SQLV,
PB'Y GPY HKDAB. PH GV OVBKXY
XSD BNPLV, PB'Y XSDJ HKDAB."

— JSUKQPKQ MJSRVJO

PREVIOUS SOLUTION: "Endeavor to so live that when you die even the undertaker will be sorry." — Mark Twain

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E004